



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Goetz, Helmut

Club: SC Impuls

Number: 1055

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M70 (70 und älter Jahre)

Total time: 57:19

Speed: 10.47 km/h

Running performance: 5:44 min/km

Rank in course/Total: 577 (of 686)

Rank in course/Men: 483 (of 543)

Best time in course: 29:39

Rank in category: 4(of 8)

Best time in the category: 45:39

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	11:23	5:41	4	2:38	425	5:21	2.00	11:23	5:41	3	1:15	305	5:21	
Runde	2.00	11:08	5:33	5	2:14	485	5:11	4.00	22:31	5:37	3	2:14	328	10:32	
Runde	2.00	11:20	5:40	4	2:14	477	5:25	6.00	33:51	5:38	3	3:06	335	15:57	
Runde	2.00	11:42	5:50	5	2:17	482	5:47	8.00	45:33	5:41	3	3:58	321	21:44	
Leichtathletikhall	2.00	11:46	5:53	5	2:17	499	5:56	10.00	57:19	5:43	4	11:40	483	27:40	